

PHYLLIS A. ERNST  
**Senior  
Center**

Recreation & Parks  
Department  
3810 Veterans Memorial Drive  
Hilliard, Ohio 43026  
(614) 876-0747  
8 a.m. – 4 p.m.

# PLAY!

## Newsletter

VOLUME 33, NO. 9  
JULY – SEPTEMBER 2012  
[www.hilliardohio.gov](http://www.hilliardohio.gov)

## FUN IN THE SUN



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### Membership Renewal

Memberships are valid for a period of 12 months. A renewal form is available in the office. Memberships are \$15. Complimentary memberships are provided to those 90 years of age and older.

## Work is a great place to be, thanks to Center's members

Sharon began working with the Hilliard Recreation and Parks Department 11 years ago in November 2000. Before joining our team, she worked for 25 years at the Resurrection Day Care Center, which, when she started was the only all-day center for children ages 2-12 in town.

Sharon says one of the best things about her job as the Hilliard Recreation and Parks Department receptionist is that no day is ever the same. She loves the residents who come into our center and deeply cares for her co-workers.

Sharon enjoys working at the senior center and laughing with all of the

senior members. She feels very blessed to have had two wonderful careers.

Sharon grew up in Hilliard as did her parents. She married her high school sweetheart, Ron, and will celebrate her 37th anniversary in September. Their children Mandie and Luke are both grown.

Sharon's favorite pastime is watching her grandchildren in sports and band activities. Her favorite local charity is Patches of Light ([patchesoflight.org](http://patchesoflight.org)), which benefits terminally ill children, something she wishes the world could rid forever.



## WHAT ELSE CAN YOU TELL US?

### Reality or sitcom?

**Sharon Adkins, Staff:** Reality

**Luci Sursi, Member:** Reality, Dancing with the Stars

**Virginia Wilson, Volunteer:** Reality, The Amazing Race

### Fiction or non-fiction?

**Sharon:** Non-Fiction

**Luci:** Fiction

**Virginia:** Both, but I really like Danielle Steele books!

### What is your favorite keepsake?

**Sharon:** A 24x36 airbrushed photo of her grandson

**Luci:** Hand Blown Pumpkins

**Virginia:** Watch

### How long have you had it?

**Sharon:** 16 years

**Luci:** 5 years

**Virginia:** 67 years. I got it for my 18<sup>th</sup> birthday, which was also my high school graduation.

# NEWS & NOTES

## Senior Center Newsletter

VOLUME 33, NO. 9  
JULY - SEPTEMBER 2012

### Registration

Sign up for all new programs listed in this newsletter in person at 9 a.m. on Monday, June 25. We begin taking call-in reservations at 1 p.m. You may also register online or renew your membership at [www.hilliardohio.gov](http://www.hilliardohio.gov). Let us know if you need us to email your username and password.

### Center Closings

The center is closed on Wednesday, July 4 in observance of Independence Day. There is no lunch on Tuesday, July 3 and Thursday, July 5 due to the July 4 activities. The Recreation and Parks Department including the Community Center and the Phyllis A. Ernst Senior Center is closed Sept. 1-9 for our annual cleaning.

### PLAY! Program & Activity Guide

For additional information on daily programs pick up a Fall/Winter Program and Activity Guide in August.

### Program Time Changes & Parking

Thank you for your continued patience with parking. Lunches and programs go back to their regular scheduled time in September.

### OHSHIP

The Ohio Senior Health Insurance Information Program provides free information and other health insurance services to those covered by Medicare. Schedule an appointment at the Center office.

### Volunteers Needed

The Hilliard Recreation and Parks Department is always in need of dependable volunteers, especially in the kitchen with set up and clean up. Please contact Linda Hoover at 876-0747 if you are available to help.



## ACTIVITIES & SPECIAL EVENTS

### July 4th Party

This year the party is moving to Carriage Court, 3570 Heritage Club Drive. Enjoy the fireworks, games and food without all the traffic in the park. Bring a lawn chair if you have one. Plus, don't forget about the City's Independence Day celebration which begins on Tuesday, July 3! See the flier for more information.

- Wednesday, July 4, 7-10:15 p.m., \$5

### HomeWell & Kathleen Carmondy

Amerivets provide services for veterans and their spouses. Learn about this program and the benefits.

- Tuesday, July 10, 1 p.m., Free

### Dessert Nites

Get together for dessert, cards, puzzles, games and other social activities the first and third Thursday of the month.

- Thursdays, July 19, Aug. 2, 16 and Sept. 20. No Dessert Nite July 5 and Sept. 6. 5:30-8 p.m., \$2

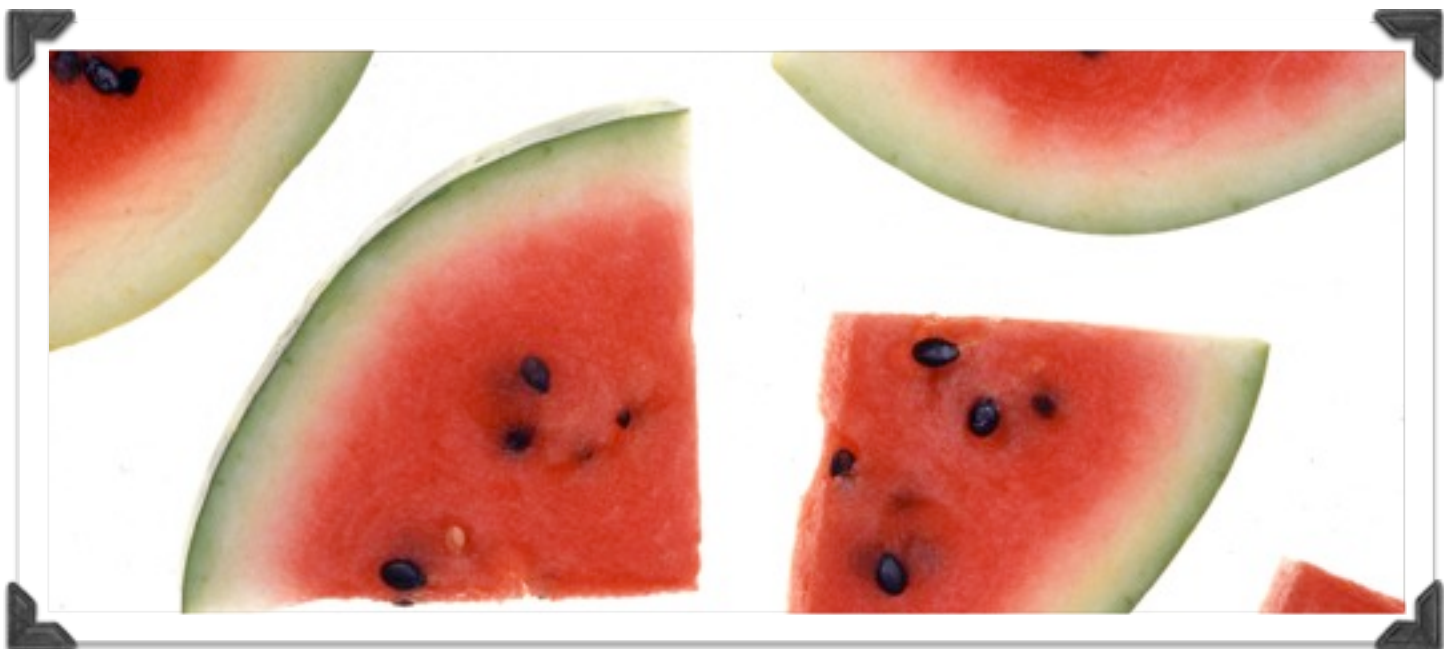
### Happiness Club

Reservations due by 4 p.m. Thursday before lunch. Call Bev Burkett at 876-7900 for reservations, to cancel or for questions, \$5.

- Friday, July 13, 11:30 a.m.: Anita McGinnis, chairperson; Bob & Marty Scharer, Bob Sheldon, Sue Parks, Karen & Danny Sells, Isabelle Brown, Hazel Brendler, Renata & Joe Sabistina
- Friday, Aug. 10, 11:30 a.m.: Ginny Strausbaugh, chairperson; Dick Strausbaugh, Dixie Dixon, Blanche Easterlin, Polly Hemmer, Mary Will, Martin & Sandra Berisford, Wanda & Roger Smith, Beverly Burkitt
- Friday, Sept. 14, noon: Joy Hoffman, chairperson; Onda Armstrong, Ruth Nester, Jimmy & Linda Clark, Don & Bobbie Dickerson, Don & Ruth Tway, Barb McCutcheon



# ACTIVITIES & SPECIAL EVENTS



## Edward Jones Lunch & Learn

Reserve a spot for these informative lunches. Must attend seminar to receive the free lunch.

- Thursday, July 19, 11 a.m.: Reasons to consider international investments, why U.S. equities are important, adding foreign exposure to portfolio, fixed income and preparing for rising interest rates.
- Thursday, Sept. 20, 11 a.m.: Finding balance in a budget and setting personal financial goals.

## Carriage Court Dine & Discover

Carriage Court hosts this luncheon on the third Friday of the month at 11:30 a.m. and provides an informative speaker. Register in advance, space is limited. Patrons on the waiting list from the previous luncheon are added to the list for the next luncheon.

- Fridays, July 20, Aug. 17 and Sept. 21, 11:30 a.m.

## AARP Driver Safety Program

Learn how to avoid driving hazards in this class. There is no test and some insurance companies offer discounts upon completion. Register in advance.

- Monday, July 23, 1-5 p.m., \$12 AARP Member, payable to AARP day of class; \$14 non-AARP Member

## Po-Ke-No by Mayfair Village

Mayfair Village is sponsoring Po-ke-No. There is no charge but please register in advance.

- Thursday, July 26, Aug. 30, Sept. 27, 10 a.m.

## Cup of Joe

Join us for a cup of coffee and a presentation by Joe Holbrook for a narrated film of his trip through Alaska.

- Thursday, July 26, 10 a.m., Free

## Prayer Luncheon

Join us on the last Friday of the month for the Prayer Luncheon. An area minister presents a short message after the luncheon. Your reservation is due the day before the luncheon.

- Friday, July 27, 11:30 a.m.,  
Friday, August 31, 11:30 a.m.,  
Friday, September 28, Noon, \$4

## Jim Collins Presents "The End of the World?"

Jim Collins, Ph.D., has developed and presented continuing education seminars and workshops for more than 18 years and has taught college courses in sociology, psychology, anthropology and gerontology for more than 15 years. Enjoy his signature high-energy, motivational style as he entertains us.

- Tuesday, Aug. 7, 1 p.m., Free

## Olympic Closing Ceremonies: Senior Style

Join us for lunch at the Hilliard Park Café as we celebrate Team USA and the Summer Olympics. Wear your Red, White & Blue and get ready for a gold-medal time!

- Tuesday, Aug. 14, 11:30 a.m., \$4

## Norwich Township Fire Fighter's Lunch & Learn

Free lunch sponsored by your local fire department.

- Friday, Aug. 24, 11 a.m.

## Back to School Luncheon

Step back in time and remember the good ole days of reading, writing and arithmetic! Relive the first day of school at Senior Center High! Enjoy a school-inspired lunch, cafeteria style. Bring an item for show and tell to share with the class.

- Thursday, Sept. 13, Noon, \$4

## Computer Classes

Complete descriptions at the center. Advance registration; \$44 per session.

- Wednesday, July 25 and Aug. 1, 2-4 p.m., Basic 1 and 2
- Wednesday, Aug. 8, 15, 2-4 p.m., Internet 1 and 2
- Wednesday, Aug. 22, 29, 2-4 p.m., Email 1 and 2
- Wednesday, Sept. 12, 19, 2-4 p.m., Digital Camera 1 and 2



## FRIDAY FLICKS

### July 13: One For The Money

A down-on-her-luck New Jersey woman gets a job as a bounty hunter and her first assignment is to track down a former cop on the run for murder-the same man who broke her heart years before. Rated PG-13.

### July 27: Joyful Noise

The small town of Pacashau, Georgia, has fallen on hard times, but the people are counting on the Divinity Church Choir to lift their spirits by winning the National Joyful Noise Competition. The choir has always known how to sing in harmony, but the discord between its two leading ladies now threatens to tear them apart. Rated PG-13.

### Aug. 10: The Vow

Paige and Leo are a happy newlywed couple whose lives are changed by a car accident that puts Paige in a coma. Waking up with severe memory loss, Paige has no memory of Leo, a confusing relationship with her parents, and an ex-fiancé she may still have feelings for. Rated PG-13.

### Aug. 31: New Year's Eve

On New Year's Eve, several couples and singles celebrate love, hope, forgiveness, second chances and fresh starts, in intertwining stories told amidst the pulse and promise of New York City on the most dazzling night of the year. Rated PG-13

### Sept. 14: Mission Impossible-Ghost Protocol

Blamed for the terrorist bombing of the Kremlin, IMF operative Ethan Hunt is disavowed along with the rest of the agency when the President initiates "Ghost Protocol." Left without any resources or backup, Ethan must find a way to clear his agency's name and prevent another attack. Rated PG-13

### Sept. 28: Reality of Love

Bradley Cooper stars in this charming romantic comedy. When a famous actor finds his career slipping, his manager/best friend puts him on a reality show to let America choose a bride for him. When they both fall for the same contestant, love and friendship are put to the test. Rated PG-13

*\* All movies are shown at 1:30 p.m.*

## EXCURSIONS

### Local Shop

The center bus picks you up at your home if you live in the City of Hilliard and departs from the center at 11 a.m. on Fridays; \$2. Please call in advance to make a reservation.

- July 6: Kroger
- July 20: Wal-Mart
- Aug. 3: Meijer
- Aug. 17: Kroger
- Aug. 31: Wal-Mart
- Sept. 21: Meijer

### Girls Just Want To Have Fun!

Ikea is a shopping experience like no other! Come along and check out all the great inexpensive decorating ideas and products for your home in the Greater Cincinnati area store. Then it's off to Jungle Jim's International Market. Six fabulous acres of food and products from all over the world are under one spectacular roof. Bring a cooler. Enjoy two hours at Ikea and an hour and a half at Jungle Jim's. There are places to eat at either store; it's your choice.

- Monday, Aug. 6, 8:15 a.m., returning around 4 p.m., \$6

### Dignified Diners: Young's Dairy and the Jersey Inn, plus shopping at Yellow Springs

- Monday, July 16, 10 a.m., \$5

### Dignified Diners: The Florentine

- Monday, Aug. 13, 10:45 a.m., \$4

### Dignified Diners: Ted's Montana Grill

- Tuesday, Sept. 11, 10:45 a.m., \$4

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# EXCURSIONS, CONTINUED



## Akron/Canton Trip

Pick up a flyer with all the information about this trip. Highlights include the Canton Classic Car Museum, the Harry London Chocolate Factory, the Hartville MarketPlace and lunch at the Hartville Kitchen.

- Thursday, July 19, \$83

## Cincinnati Reds Baseball Game

Watch the Reds play the Padres no matter the weather because we are under cover!

- Thursday, Aug. 2, 9:30 a.m., \$35 includes transportation (center bus) and ticket. Lunch OYO.

## Recipe for a Unique Trip

One part flour, one part cheese, two parts water, and a handful of stones and slate: combine to create an interesting itinerary and enjoy! Pick up a flyer with all the information about this trip. Highlights include: Magnolia Flouring Mill, Atwood Queen Cruise, Minerva Cheese Factory, Stone Gate manor and the Lighthouse Bistro.

- Thursday, Aug. 9, \$94

## The Ohio State Fair

Enjoy a day at the fair and see the Cab Calloway Orchestra.

- Tuesday, July 31, 9:30 a.m.; \$9 includes admission to fair and concert

## Topiary Garden & Lindey's in German Village

A seven-acre park in downtown Columbus, the Topiary Park is most famous for its interpretation of Georges Seurat's famous Post-Impressionist painting "A Sunday Afternoon on the Isle of La Grand Jatte." Visitors come from around the world to enjoy the unique experience of walking into and through a topiary work of art. We'll lunch at long-time favorite Lindey's Restaurant & Bar in German Village which marries chic urban style with a relaxed come-as-you-are attitude.

- Thursday Aug. 9, 9 a.m., \$5, plus lunch OYO

## Men's Group

WBNS-TV Station Tour

- Thursday, Aug. 16, 10:45 a.m., \$4, plus lunch OYO

## Candy Bandit

Pick up a flyer with all the information about this trip. Highlights include: Driving tour and hold-up at Marmon Valley Farm, Lunch chuck-wagon style, Country Home & Harvest and Maries Candies.

- Wednesday, Aug. 29, \$75

## Blacklick Park Tram Tour

Take a tour by motorized tram through one of the oldest metro parks in Columbus.

- Wednesday, Sept. 19, 9:30 a.m. \$5, plus lunch OYO

## Columbus Zoo Tour

A docent walks with us as we tour the zoo.

- Tuesday, Sept. 25, 10 a.m., \$10, plus lunch OYO

## Gridirons in the Sky

Pick up a flyer with all the information about this trip. Highlights include: The Pro Football Hall of Fame, Lunch at the 356th Fighter Group, MAPS Air Museum.

- Wednesday, Sept. 26, \$99

## Wheeling Downs & Oglebay Festival of Lights

Enjoy a great day at the races and casino, followed by a bus ride through the Oglebay Festival of Lights with a tour guide. Box-dinner provided during the tour. Price includes motor coach transportation, gambling at Wheeling Downs with \$25 bonus play, Oglebay Festival of Lights and stops at the Oglebay shops and attractions.

- Tuesday, Dec. 4, 8:30 a.m., \$54

## Cuyahoga National Park Train Tour

Travel by motor coach to Cuyahoga National park for a 2-hour train ride and fall color tour.

- Thursday, Oct. 18. Pick up a flyer at the center for details.

## New River Train Ride & Hatfield Trail

Sept. 13-15, \$635/single, \$520/double, \$495/triple, \$475/quadruple. See enclosed flyer for detailed information.

Continued on Page 6

# HEALTH & WELLNESS



## Golf

Want to golf on Wednesdays in a relaxed group, make some new friends and have fun? Pick up a complete schedule.

## Strength Training

Cam II fitness equipment, motorized treadmills and stationery bikes are available in the weight room. \$5 a month.

## Get Fit

A complete workout! Some exercises are done while seated and some while standing. All students work at their own pace. Free weights are used. Instructors: Tony Johnson and Maggie Schmidt.

- Tuesdays and Fridays, 9:15-10 a.m., \$2 a class or an activity card

## Tai Chi

Come give Tai Chi a try! Tai Chi is gentle exercise that incorporates meditation and movement increasing your strength, flexibility, balance and overall level of fitness. Instructor: Jim Long.

- Wednesdays, 2 p.m., \$2 or an activity card

## Line Dancing

Line dancing is a great way to exercise and have fun! Special clothing is not needed, but best not to wear athletic shoes. Instructor: Nancy Bryner.

- Tuesdays, 1:15 p.m., \$2 or an activity card

## Indoor Walking

Indoor walking is available in the gym.

- Monday-Friday from 8-9 a.m.

## Chair Volleyball

Play this fun version of volleyball with a 20-inch beach ball, smaller court and lower net. Instructor: Linda Hoover.

- First and third Fridays, 10:15 a.m. Free

## Bocce

Equipment is available in the Center for use at the courts behind our building. Stop in and request the equipment any time we are open. We are looking for a facilitator to lead an organized morning of play. If you are interested please contact Dave.

## Matter of Balance Exercises

A new exercise program for all physical levels focusing on balance and strength. All the exercises are done either sitting or with the assistance of a chair while standing. This program is sponsored by Premier Care.

Instructor: Bridget Carlino.

- Second and fourth Thursdays, 10 a.m., \$2 or an activity card

## Wellness Wednesday Lunch

Staying active, maintaining spiritual well-being and eating well are keys to living a longer, healthier life, no matter how old you are. Nurture your mind, body and spirit through lunch and educational programs on the third Wednesday of the month.

- Wednesday, July 18 and Aug. 15, 11:15 a.m., \$4
- Wednesday, Sept. 19, 12:45, \$4

## Summer Water Aerobics

Join us at the HFAC in the slide pool. The last class is Aug. 3. Instructor: Darlene Taynor

- Mondays and Thursdays, 9-9:45 a.m., \$2 or an activity card

## Hearing Screening

A clinical audiologist offers a monthly clinic for screenings and hearing aid cleanings.

Evaluations include auditory testing and an otoscope ear inspection. If needed, hearing aid consultation and demonstration of the newest digital technology are provided. Sign up for your 30-minute one-on-one appointment.

- Wednesdays, July 25, Aug. 29, Sept. 26

## Zumba

Ditch the workout! Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout. It is basically watch and follow. Zumba is not only good for the body, but it is great for the mind. This is a drop-in program.

- Mondays and Wednesdays 9:15-9:45 a.m., \$3

## EXCURSIONS, CONTINUED

## Washington, D.C.

Pick up a flyer for details about this Oct. 8-11 trip to Washington, D.C. Cost for the excursion is \$847/double, \$738/triple and \$1,177/single; a \$250 deposit is required.

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**Special Holiday Hours**

The center is closed on July 4 in observance of Independence Day. There is no lunch on July 3 & 5. The Community Center and the Phyllis A. Ernst Senior Center is closed Sept. 1-9 for the annual cleaning.

PRESORT STD  
US Postage Paid  
Permit No. 37  
Hilliard, OH

# Honor, Celebrate & Connect

**Wanted: Nominations for Senior Citizen Hall of Fame**  
The Hilliard Senior Citizen Hall of Fame Committee selects one or two honorees each year (one living and one posthumous) for exhibiting a lifetime of service and achievement as well as representing a positive image of aging. Nominees should exemplify how older persons continue to contribute to their community and respond creatively to retirement.  
Nominations for this honor may be made by completing and returning a nomination form -- available at the Senior Center -- before Aug. 1. Nominees must be 65 years of age or older and must live within the Hilliard School District (exceptions apply). Additional information may be found on the nomination form.



**90th Birthday Party**  
Help us celebrate with cake, ice cream and entertainment as we honor our members 90 years of age and older  
• Monday, Sept. 17 from 1-3 p.m. Free to those 90 and older, \$3 others

**Wifi Connect**  
Wireless Internet is free and available at the Center.

# SENIOR CENTER DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Bowling at Sawmill Lanes</li> <li>• Water aerobics, ends Aug. 3</li> </ul> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>10:30 a.m.:</b> Bible Study</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>10 a.m.:</b> Beginner Bridge</p> <p><b>10:30 a.m.:</b> Choir</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9 a.m.:</b> Golf</p> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>9:30 a.m.:</b> Corn Hole; Refresher Bridge</p> <p><b>10 a.m.:</b> Craft Club</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9 a.m.:</b> Water aerobics, ends Aug. 3</p> <p><b>9-11:30:</b> Chair Massage (fourth)</p> <p><b>10 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Beginner Bridge</li> <li>• Wii Bowling</li> <li>• Po-Ke-No (fourth)</li> <li>• Matter of Balance (second)</li> </ul>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>9:30 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Open Studio</li> <li>• Alzheimer's Support Group (third)</li> </ul> <p><b>10:15 a.m.:</b> Chair Volleyball (first and third)</p> <p><b>11 a.m.:</b> Local Shopping (first and third)</p>
<b>Lunch</b>		<p><b>11:30 a.m.,</b> after June 5</p> <p><b>Noon,</b> after Sept. 9</p>	<p><b>11:30 a.m.,</b> after June 5</p> <p><b>Noon,</b> after Sept. 9</p>	<p><b>11:30 a.m.,</b> after June 5</p> <p><b>Noon,</b> after Sept. 9</p>	<ul style="list-style-type: none"> <li>• <b>Happiness Club</b> (second)</li> <li>• <b>Carriage Court Dine &amp; Discover</b> (third)</li> <li>• <b>Prayer Luncheon</b> (fourth)</li> </ul>
<b>Afternoon</b>	<p><b>12:30 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Duplicate Bridge</li> <li>• Pinochle</li> </ul> <p><b>1 p.m.:</b> Bingo</p> <p><b>2 p.m.:</b> Dance</p>	<p><b>1:15 p.m.:</b> Line Dancing</p>	<p><b>12:30 p.m.:</b> Euchre, after Sept. 9</p> <p><b>2 p.m.:</b> Tai Chi</p>	<p><b>1 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Bridge</li> <li>• Pinochle</li> <li>• Bingo</li> </ul> <p><b>6 p.m.:</b> Dessert Night (first and third)</p>	<p><b>1 p.m.:</b> Euchre</p> <p><b>1:30 p.m.:</b> Friday Flick (second and last)</p>

# HILLIARD PARK CAFE: JULY MENU

JULY 2012			
MEALS SERVED AT 11:30 A.M.			
Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
No Lunch	Closed	No Lunch	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Stuffed peppers Mashed potatoes Green beans Brownie sundae	Turkey club Sandwich Macaroni salad Melon slice Vanilla pudding	Johnny Marzetti Toss salad Garlic bread Cherry cheesecake	<b>Happiness Club</b> Roast beef Mashed potatoes with gravy Broccoli Apple sauce Dessert Call Bev to register 876-7900
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Baked ham Au gratin potatoes Brussel sprouts Pineapple sheet cake	<b>Wellness</b> <b>Wednesday</b> Bacon Quiche Fresh Fruit Muffin Sherbet	Baked chicken Mashed potatoes Mixed vegetables Key lime cake	<b>Carriage Court</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Salmon patties Mac & cheese Peas Ice Cream	Pork Chops Green beans Scalloped potatoes Apple Crisp	Fish & Chips Slaw Lemon dessert	<b>Prayer Luncheon</b> Beef tips over noodles Buttered carrots Broccoli salad Caramel pears Ice cream
<b>31</b>			
Beef Franks Potato salad Relish Apple pie a la mode			

**Hilliard Park Cafe** (876-0747): Meals are served at 11:30 a.m. Cost is \$4. Meal price for non-members is \$6.

The deadline to sign up for lunch is 4 p.m. the preceding day.

Meal Tickets are available in the Senior Center office as an alternative to paying the \$4 meal charge each day.

A meal ticket may be purchased for six (6) meals for \$23 or 12 meals for \$46 with cash, check, VISA or MasterCard.

# HILLIARD PARK CAFE: AUGUST MENU

AUGUST 2012 MEALS SERVED AT NOON			
Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>
	Cabbage Rolls Mashed potatoes Mixed vegetables Brownie sundae	City Chicken Parsley potatoes California veggies Cherry pie	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Crispy chicken Wild rice California veggies Vanilla pudding	Spaghetti with meat sauce Toss salad Garlic bread Spumoni ice cream	Baked fish Scalloped potatoes Peas Pineapple upside down cake	<b>Happiness Club</b> Roast pork Parsley red potato Succotash Perfection salad Dessert Call Bev to register 876-7900
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Olympic Closing Ceremony</b> Shepherd's pie Toss salad Corn bread Ice cream sundae	<b>Wellness Wednesday</b> Chicken salad Croissant Fruit cup Chips Angel food cake	Meat loaf Baked potato Green beans Strawberry pretzel dessert	<b>Carriage Court</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
BBQ pork sandwich Baked beans Slaw Chips Apple pie	Pot roast with carrots & potatoes Fruit salad Butterscotch pudding	Baked ham Cheesy potatoes Broccoli Lemon cake	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Sweet & sour beef over rice California veggies Peach crisp	City chicken Parsley potatoes Corn Cherry cheesecake	Chicken & noodles Mashed potatoes Mixed Veggies Cookie/ice cream	<b>Prayer Lunch</b> Baked steak Mashed potatoes Green beans Pig lickin cake

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# HILLIARD PARK CAFE: SEPTEMBER MENU

SEPTEMBER 2012			
MEALS SERVED AT NOON			
Tuesday	Wednesday	Thursday	Friday
4	5	6	7
<b><u>CLOSED</u></b>			
11	12	13	14
Stuffed Peppers Mashed potatoes Succatash Dessert	Pork chops Stuffing Baby carrots Apple sauce German chocolate cake	<b>Back to School</b> Sloppy Joes Mac & cheese Celery & carrots Apple sauce Ice cream bars	<b>Happiness Club</b> Beef Tips over noodles Buttered carrots Jello salad Dessert Call Bev to register 876-7900
18	19	20	21
Ham Loaf Au gratin potatoes Peas Pineapple upside down cake	<b>Wellness Wednesday</b> Tuna salad on lettuce Chips Fruit cup Cherry pie	Liver & Onions Mashed potatoes Green bean Cookie and ice cream	<b>Dine &amp; Discover Carriage Court</b>
25	26	27	28
Potato soup Turkey club sandwich Relish Apple Crisp	Salisbury Steak Mashed potatoes Succotash Chocolate cherry bars	Spaghetti w/ meat sauce Tossed salad Garlic bread Spumoni ice cream	<b>Prayer Luncheon</b> Baked fish Cheesy potatoes Peas & carrots Lemon/Lime poke cake

**YUM!!**  
Sign up for  
September  
lunches in  
August!

**Hilliard Park Cafe (876-0747):** Meals are served at Noon. Cost is \$4. Meal price for non-members is \$6.

The deadline to sign up for lunch is 4 p.m. the preceding day.

Meal Tickets are available in the Senior Center office as an alternative to paying the \$4 meal charge each day.

A meal ticket may be purchased for six (6) meals for \$23 or 12 meals for \$46 with cash, check, VISA or MasterCard.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phyllis A. Ernst Senior Center Activity Registration: July-Sept 2012						
✓	Date	Day	Time	Activity	Fee	
	710666-02	4-Jul	W	7 p.m.	July 4th Party at Carriage Court	\$5
	719899-11	10-Jul	T	1 p.m.	Amerivets Services Seminar	Free
	702222-11	16-Jul	M	10 a.m.	Youngs Dairy & Yellow Springs	\$5
	719899-10	19-Jul	Th	11 a.m.	Edward Jones - Lunch and Learn	Free: Must attend seminar to receive free lunch
	710001-33	19-Jul	Th	5:30 p.m.	Dessert Nite	\$2
	715157-13	24-Jul	T	9:30 a.m.	Cash Explosion & Spagheddies	\$3 & lunch on you own
	719899-12	26-Jul	Th	10 a.m.	Coffee with Joe - Alaska Trip	Free
	715157-09	31-Jul	T	9:30 a.m.	Ohio State Fair	\$9
	715157-10	2-Aug	Th	9:30 a.m.	Cincinnati Reds Game	\$35
	710001-34	2-Aug	Th	5:30 p.m.	Dessert Nite	\$2
	702778-02	6-Aug	M	8:30 a.m.	Girls Day Out - Ikea	\$6
	711114-01	7-Aug	T	1 p.m.	Jim Collins - End of the World	Free
	715157-11	9-Aug	Th	9 a.m.	Topiary Park & Lindy's	\$5 & lunch on your own
	702222-12	13-Aug	M	10:45 a.m.	Florentine	\$4 & lunch on your own
	714002-03	16-Aug	Th	10:45 a.m.	Men's Group - 10 TV tour	\$4 & lunch on your own
	710001-35	16-Aug	Th	5:30 p.m.	Dessert Nite	\$2
<b>UPCOMING EXCURSIONS</b>						
	Great Day Tours	19-Jul	Th		Classic Car Museum	\$90 See flyer for more information
	Great Day Tours	9-Aug	Th		Recipe For Unique Trip	\$102 See flyer for more information
	Great Day Tours	29-Aug	W		Candy Bandit	\$75 See flyer for more information
	Great Day Tours	26-Sep	Th		Gridirons in The Sky	\$102 See flyer for more information
	Ohio Travel	Sept 13-15			The New River Train Ride and Trail	\$635 Single, \$520 Double, \$495 Triple, \$475 Quad
	702222-13	11-Sep	T	11 a.m.	Ted's Montana Grill	\$4 & lunch on your own
	715898-02	17-Sep	M	1 p.m.	90th Birthday Party	\$3
	715157-12	19-Sep	W	9:30 a.m.	Blacklick Park Tram Tour	\$5 & lunch on your own
	719899-13	20-Sep	Th	11 a.m.	Edward Jones - Lunch and Learn	Free: Must attend seminar to receive free lunch
	710001-36	20-Sep	Th	5:30 a.m.	Dessert Nite	\$2
	715157-13	25-Sep	T	10 a.m.	Columbus Zoo	\$10
Please check flyers at the senior center for additional programs to be added to September						
<b>UPCOMING EXCURSIONS</b>						
	Great Day Tours	26-Sep	Th		Gridirons in The Sky	\$102 See flyer for more information
	Ohio Travel	Sept 13-15			The New River Train Ride and Trail	\$635 Single, \$520 Double, \$495 Triple, \$475 Quad